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**February/March
2012**

Letter From the Editor

The new solution to creative thinking...

Pinterest! Ever need a recipe for a quick healthy meal or a delicious dessert?

How about creative decoration or home decor improvement? Pinterest has everything from fitness to weddings to a simple thought for the day.

Many students at Avila have found themselves lost in the Pinterest world. Not only have they been addicted to the new creativity, but they have actively been putting the creativity into action.

The cover of this month's issue of the Talon is a perfect example of a fun, creative "do it yourself" craft. It has actually been done by students around campus, including myself.

So next time you find yourself empty with ideas, Pinterest in your answer!

Sincerely,

Emilee Bickleman

Thank you
PINTEREST
for helping me feel
CREATIVE
even though I've really just
been sitting at my
COMPUTER
for the last 3 hours.



Editorial Policy

The Talon News Magazine is produced by students of Avila University. Opinions expressed are those of the writers and do not necessarily reflect those of the Talon News Staff, the Trustees, administration, faculty, or staff of the University. The Talon News Magazine encourages letters to the editor. These may be submitted electronically or in writing and should include the writer's name, address, and telephone numbers for verification purposes.

Letters can be mailed to the Talon News Magazine Editor, Avila University, 11901 Wornall Road, Kansas City, MO 64145. The Talon reserves the right to edit letters for reasons of space, clarity, or inappropriate language. Copies of the Talon News Network Operational Guidelines may be requested by writing to the above referenced address.



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366 Days in a Year

Danielle Amey

Nearly every four years a leap year occurs within our modern calendar. 2012 will consist of 366 days, as opposed to a common year, which has 365 days. Within a typical leap year, an extra day is added on, creating February 29.

Leap years are needed to keep our calendar in alignment with the Earth's revolutions around the Sun. It takes the Earth approximately 365.242199 days (a tropical year) to circle once around the Sun. Without the additional day on February 29 every 4 years, we would lose about 6 hours off our calendar each year.

To calculate a leap year, three criteria must be met: #1. The year is evenly divisible by 4. #2. If the year can be evenly divided by 100, it is NOT a leap year, unless: #3. The year is also evenly divisible by 400. Then it is a leap year.

With the first introduction of leap years more than 2000 years ago, 'leap days' have been associated with age-old leap day traditions and folklore.

According to an old Irish legend, or possibly history, St. Bridget struck a deal with St. Patrick to allow women to propose to men – and not just the other way around – every 4 years. This is believed to have been introduced to balance the traditional roles of men and women in a similar way to how leap day balances the calendar.

In Scotland, it used to be considered unlucky for someone to be born on a leap day, just like Friday the 13th is considered an unlucky day by many. In Greece, it's said to be unlucky for

couples to marry during a leap year, and especially on leap day.

Leap day is also St. Oswald's Day, named after an archbishop of York who died on February 29, 992. The memorial is celebrated on February 29 during leap years and on February 28 during common years.

People born on February 29 are all invited to join an honor society of Leap Year Day Babies including but not limited to: Pope Paul III; Gioacchino Rossini, Italian composer; Morarji Desai, former Indian prime minister; Dinah Shore, American singer; Al Rosen, American baseball player; Carlos Humberto Romero, former president of El Salvador; Anthony (Tony) Robbins, American motivational speaker; Lyndon Byers, Canadian hockey player; Antonio Sabàto Jr, Italian-born actor; Ja Rule, American rapper and actor; and Chris Conley, American musician and songwriter/composer.

With the occurrence of leap years every 4 years within our "Western" calendar, we can be sure to expect 2012 to be 6 hours and one day longer. Make that extra time count.



WHO DID YOU THINK WOULD WIN THE SUPER BOWL?



NEW ENGLAND PATRIOTS



James Chapman



Allison Kohls



Aimee Adams



Trey Swager



NEW YORK GIANTS



Alex Funkhouser



Cheyenne Crum



Debbie Thorton

BEER CHEFS

Josh Grimes



With the NFL Super Bowl and many other beer drinking festivities of America now come and gone, we wonder what will excite us next. According to those who have heard of or taken part in the newest thing to hit the Kansas City Boulevard Brewery, there is a new and upcoming surprise for beer drinkers. Culinary treasure and brew master

Christopher Elbow has been creating chocolate masterpieces worldwide for over ten years. Boulevard Brewery has joined forces with the masterful chocolate prince and his distinguishing tastes and ingredients. The spawn of this unity is known as the Chocolate Ale, described best by the brewery when they said, “In developing this beer, Elbow and Boulevard brew master Steven

Pauwels sought to harmonize the interplay of chocolate and malt, with each supporting and enhancing, but not overwhelming, the other. Just the right chocolate was essential. Elbow recommended a rare variety from the Dominican Republic, prized for its robust flavor and aroma, and a personal favorite. More than a mere flavoring, the chocolate — in the form of nibs, or crushed, roasted beans — was incorporated into the brewing process itself.”

This beer has been nearly impossible find in the Kansas City area. It’s selling out at every liquor store and drying up the taps at every local tavern known to man. If you get a chance to critique the luscious, chocolaty beverage, take advantage before its long gone, never to be seen again.



February 14

Dear Ex,

Today is Valentine's Day. I remember when we celebrated at a fancy restaurant last year, but now I'm sitting alone outside a coffee shop, writing to you with a heavy heart. With a growing pile of cigarette butts next to me, I feel empty and my heart burns. I feel like dying.

I always wonder how you are doing with your life. Are you happy? Do you think about me like I think about you? I wish I could sleep soundly when I go to bed, but all I can think about is you and what I could have done to make you stay. I am so desperate for help, for the love of my life to come back to me.

Am I not worthy of your love? When you left me without hesitation, I knew your heart was no longer with me. I tell myself just because you love someone doesn't mean you will get them. Sometimes it's better to let go and move on.

A few days ago, some friends and I were on our way to class and we bumped into you and your boyfriend. I could see that you were happy and totally in love. I should be happy for you, but I found myself filled with sorrow and jealousy.

Are you whispering the same loving words to him like you did to

me?

Do you smile at him like you smiled at me? We dreamed together, laughed together. Whenever I needed your comfort and strength, you were always there for me. I know I am selfish and immature. I am sorry I hurt you on so many occasions. I wish you could read my thoughts and my heart. But you couldn't, and now you never will.

It was so painful when you left me, more painful than anything I have experienced, but I learned a lot. You were right. When it is not the right relationship, it doesn't work.

I know you have moved on, but I want some closure between us. I know we can never be put back together, but the time we spent together was a defining moment in my life. It changed me in more ways than I can grasp.

I loved you and I will carry the loving thoughts with me for the rest of my life.
Happy Valentine's Day.

Sincerely,
Your First
Love

Jason Cheng

“Hot Apps”

James Chapman



PlayUp:

“Check In” to the sporting events you’re at and then instant message your thoughts about it in real time. Whether your team is losing or winning, express your feelings through this easy to use app.

Temple Run:

Escape from the ancient temple as you run, jump, and slide your way through obstacles of all sorts. Randomized levels make the game impossible to repeat and endlessly playable.



The Avila Apprentice

Season 2011-2012

Avila will be holding a contest to crown their own personal apprentice this spring semester. The top five finalists will win a cash prize. The requirements to enter are preparing a cover letter and resume and

proceeding to turn it in before February 29th. The next portion of the contest is a job interview.

Five finalists will be chosen at the end. They will then have to provide three references and participate in an interview that will be videotaped. The videotaped interview will be put online for Avila students and staff to vote on for the best one. Don't be nervous though! The interview is brief and just another category to be judged on for others who will not see the cover letter and resume.

The winner of this contest will be announced at the Etiquette Dinner in March. Each of the five finalists will receive a cash prize. 1st place will be awarded \$150, 2nd place \$100, 3rd place \$75, 4th place \$50, and for 5th place \$25. So even if you don't win, your efforts will not go unnoticed as you will walk away with at least some cash.

If you need any help with your cover letter, resume, or interview skills, contact Counseling and Career Services at 816-501-2901 or you can email them at careers@avila.edu, or simply just stop by Hodes 118.

AVILA SOFTBALL TEXAS HOLD'EM TOURNAMENT

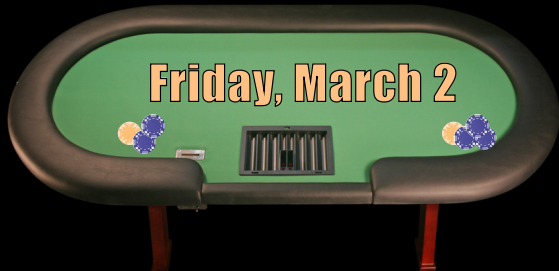


Contact Coach Alicia Baker: Alicia.Baker@avila.edu

Whitfield Center
at Avila University

Doors Open at 6 pm
Game Starts at 7 pm

Beer and Wine Tickets
Available



Friday, March 2

Pre-sale Donation
\$45



Door-sale Donation
\$50

Football Program Fundraiser

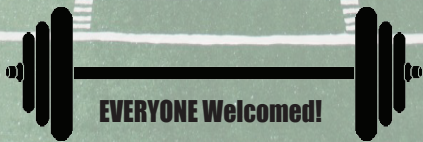
EAGLE FOOTBALL LIFT-OFF

Weight Lifting Competition

April 1st

10:30 AM Mabce Fieldhouse

Concessions Available Raffle Tickets Available



EVERYONE Welcomed!

**STUDENTS
FREE!**

The Diviners

by Jim Leonard, Jr.

February 23-25 at 8:00 p.m.
February 26 at 2:00 p.m.

GOPPERT THEATRE 2011-2012
11901 WORNALL ROAD • KCMO



Call 816-501-3698 or visit www.avila.edu/theatre/tickets.asp for tickets

Sign-language interpreter for the hearing impaired will be available at Friday night's performance

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Items and
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To Complete
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Compliment
your **Style!**

SAVE THE DATE -

March 1st

Spring Fling
GIRL'S NIGHT OUT

6-8 PM



S. Kansas City
13125 State Line Rd.
816-941-2002

Olathe
14142 W. 119th St.
913-780-4970

Briarcliff Village
4155 Mulberry Dr.
816-741-1460



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Hot Winters and

Peter Kondracki

As the thermostat this winter has been elevated compared to years past, the same could be said on the court at the Mabee Field House. The Men's and Women's basketball teams have been cruising along this season with the men winning about two-thirds of their games thus far and the women tied for first place in the conference. Here's a quick glance at both:

Men's Basketball

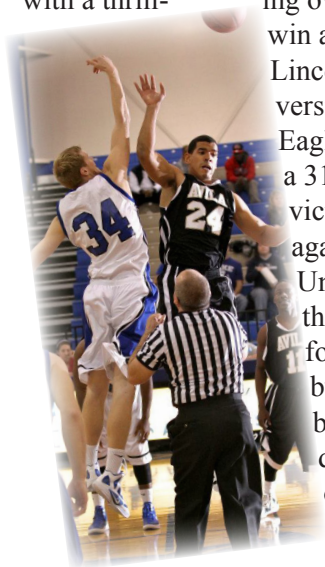
After blowing Ottawa off of the court with a 90-59 thrashing in the opening game of the season, the Eagles dropped a game to Tabor College and then followed the loss with a thrill-

ing overtime win against Lincoln University. The Eagles had a 31 point victory against Park University this season, followed by a heart-breaking double-overtime

loss to Rockhurst University at the Rockhurst Harvesters Classic. After another defeat (Baker), the Eagles went on an imposing five game winning streak including two at the Briar Cliff Classic. The Eagles now sit at 15-8 with a big game against conference leader Mid-America at home Thursday night at 7:30 p.m.

Women's Basketball

Dominating the HAAC almost seems to come natural to these ladies through the untrained eye, but the Eagles know that hard work and dedication is the key to their success. This year is no different as the Women's Basketball team sits with a 16-7 overall record and tied for the best record in the HAAC with Mid-America Nazarene. They also will play at home Thursday afternoon at 5:30 pm against Mid-Am to establish conference supremacy.



Spring Forecasts



As spring sports begin to kick into gear, here's a quick preview of Avila's spring sports teams:

Baseball

After losing 6-2 to Lindenwood in the opening round of the HAAC Tournament last year and then losing their long-time Head Coach, the Eagles look to get back to their winning ways. The new man in charge of such a task is Daryl Cronk, who arrives at AU as a first time head coach, but with 11 years of coaching experience. The Pitt State grad finished his career as the Gorillas' leader in wins (27) and innings pitched (258.7). With a new crop of recruits and 12 seniors, the Eagles travel to Plainview, Texas for their first games of the season against Wayland Baptist University on Friday and Saturday.

Softball

After the mid-season departure of Head Coach Kylie Williamson, Alicia Baker stepped in and attempted to right the ship. An 8-41-1 finish was not what anyone had hoped for, but now there is stability at the Head Coach position as Baker looks to resurrect the program in 2012. Talent

shouldn't be an issue. The cupboard is well stocked with experienced players with most of them returning from last year's campaign. There are many seniors looking to go out with a ring of the bat in 2012.

Women's Golf

The women's Golf team received great news in the fall, as Senior Emily Ryan was named 2011 Daktronics-NAIA Women's Golf Scholar-Athlete for her exceptional work in the classroom and on the course. The Eagles also look to build on the high they finished last year when they placed 1st in their last tournament of the 2011 season and had Mattie Willmore place 1st, Emily Ryan place 3rd and Emily Friedrich place 6th. Head Coach Robin Nigro looks to continue such success in 2012.

Men's Golf

In the same tournament the women placed 1st in, the Men's team placed 2nd, showing substantial improvement under the tutelage of 1st year Head Coach Robin Nigro. As year two draws near, the Eagles look to continue building on their success with seniors Geoffrey Gahn, Zach Holst and Gary Lessor.

Students are a TOP Priority for the President

Katie LaRose



In this year's State of the Union address, President Barack Obama not only listed to the American people his plans for our nation's future, but also explained his ideas in a way that most people could understand. This made his speech very powerful and influential to those who watched it, and more importantly, it brought hope. Maybe there is a light at the end of this dark tunnel of economic depression.

Students, college level and younger, seemed to be one of Obama's top priorities. Not only was it proposed that high school students be required by law to go to school until they turn 18, but there were also a lot of issues brought up for college students as well. Avila students will be happy to know that he wants to double the amount of work-study positions available to

college students over the next five years. Obama sees the importance of being able to work hard for your money while also being able to focus on your education, because in the end, getting an education will not only better yourself, but better our society as well.

Not only is Obama trying to ease the worries of the current college student, but he is also trying to open up options for the college graduate. He wants to offer tax breaks to companies that create new jobs or bring jobs back to American soil. This could help open up a job market to the mass amounts of people looking for work, including Avila University graduates. Barack Obama's plans may take time to implement, and as Avila students, we can only hope that he doesn't meet too much opposition.

Smart Tips for the 2012 Spring Semester

Brittany Watson

2012 has arrived, opening the doors for another year of opportunities. For students, it is important to be prepared in all aspects, for they set the bar and influence the future generation. In saying this, here are two important topics students might need to know or understand in order to be successful in 2012.

Student safety is by far the most important. To many, this may seem juvenile, but college students tend to commute to many different locations, often putting their safety at risk. It is important for students to always let someone know where they are going and who they are with. Commuting with more than one person is a safer option than going alone. Avoiding situations that might have a student thinking twice will prevent bad things from occurring.

Stay updated with the news. The news is one of the best tools, providing countless information regarding safety. Know what parts of town are safe, and be aware of things that might seem unusual or unfamiliar. For college students, it is human nature to want to explore and experience, but sometimes in doing so, the outcome of their choices can't be predicted or controlled. College students need to take precautions and be smart about the decisions they make. This might

not change the bad things in the world, but it will definitely keep students alert and aware.

Managing money is also important. Attending college for the first time can be a bit overwhelming. How will I pay for books, gas, food, etc.? These are questions students tend to ask themselves when in a panic for money. Many times students feel like adults when entering college, but don't realize how important it is to manage their money from the get go. It is so important to manage money and to manage it well.

There are different techniques used when managing money that can help students be responsible with their money. Pre-planning, cutting back on expenses, and making lists are just a few out of several ways college students can be in control. These tactics will assure students of where their money is going and how their money is being spent. Also remember to SAVE, SAVE, and SAVE!

With the economy the way it is, who knows what's ahead for the country. It is vital for college students to put a little money aside every chance they get. What happens if an emergency comes up demanding a pretty penny? If college students start managing their money and saving now, they can create a successful habit for the future.

Black History Month

Quiana Haney

As we embark on the next few weeks of February, let's be reminded of a month that some celebrate and others shy away from due to feelings of guilt or shame caused by slavery and persecution. Black History Month is for all Americans to share and embrace. It is a great opportunity to learn beyond what you were taught in history books. A time to engage in African American culture—Black History Month reminds and enlightens us about African American inventors, musicians, educators, doctors, pilots, astronauts, civil rights leaders, scientists, and many more. Be optimistic and get involved during Black History Month 2012.

Events

The American Jazz Museum or the Negro Leagues Base- ball Museum

Contact 816-474-8463

Tuesday – Saturday: 9:00am to
6:00pm

Sunday: 12:00 Noon to 6:00pm

Monday: Closed

Admission to the American Jazz
Museum

or the Negro Leagues Baseball
Museum

\$8.00 Adults

Combination ticket to both muse-
ums

\$10.00 Adults

Tickets for groups of 25 or more
(both museums)

\$6.00 Adults

Admission to the Horace M. Peter-
son III Visitor Center and Chang-
ing Gallery is free of charge

The Red Tails

In theaters now

Contact for AMC Theaters 1-888-
262-4386

Movie Produced by George Lucas
about the Tuskegee Airmen. A
story about a group of African
American Fire pilots and mechan-
ics overcoming the destructive
adversity of racism, segregation,
and discrimination during World
War II.

Freedom Sisters: Stamping, Shouting, and Singing Home

February 22 - March 4, 2012

Coterie Theatre

Box Office (816) 474-6552

It is 1950s America, the Deep
South; a world on the verge of
change but still tainted by every-
day injustices and the remnants of
slavery. In my family there's dead
people hopping in and out of the
conversation all the time."

One of those dead people is Lizzie's great-great-great grandmother Sojourner Truth, freedom fighter of slavery, whose voice could not be silenced. As Lizzie unpacks the past, she listens to Sojourner and in the process, discovers her own voice...fearless, joyful, full of resolve.

Program Specials

PBS Broadcast Station

"Slavery By Another Name"

Premiers Monday February 13th at 9:00 p.m.

This new documentary based on the Pulitzer Prize-winning book by Wall Street Journal senior writer Douglas A. Blackmon examines the concept of "neo-slavery," which sentenced African-Americans in the post-Emancipation South to forced labor for violating an array of laws that criminalized their everyday behavior.

"More Than a Month"

Premiering Thursday, February 16th at 10:00 p.m.

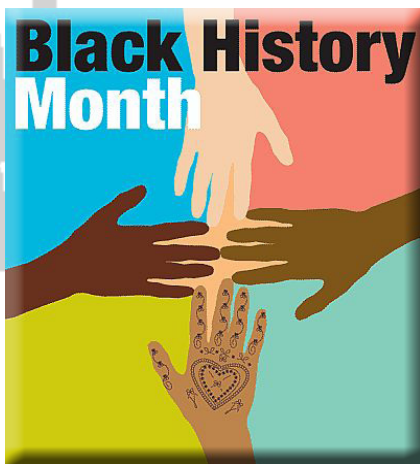
Shukree Hassar Tilghman, an African American Filmmaker is on a cross country campaign to end Black History Month. Through this

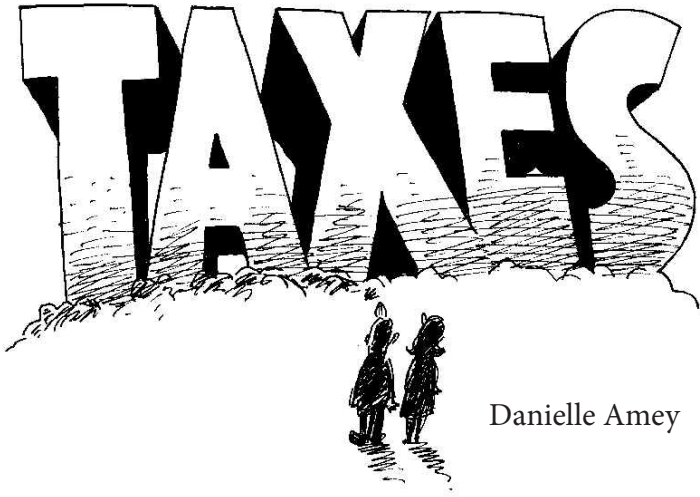
tongue-in-cheek and thought-provoking journey, "More Than a Month" investigates what the treatment of history tells us about race and equality in a "post-racial" America.

"American Masters Cab Calloway Sketches"

Premiers Monday, February 27th at 10:00 p.m.

It showcases this exceptional figure in the history of jazz. He was a bandleader and singer who charmed audiences around the world with his boundless energy, bravado and elegant showmanship. Calloway was at the top of his game in the jazz and swing eras of the 30s and 40s with his signature song "Minnie the Moocher," featuring the popular refrain "Hi de hi de hi de ho," and his timeless rendition of "It Ain't Necessarily So."





Danielle Amey

Tax time is here again. To make sure you're safe and in the clear when you file, here are some things to think about.

Two percent of taxpayers (1 in 100) will be subjected to a random 2012 IRS audit. IRS inquiries arise due to improper documentation or a miscalculation in which an individual has not submitted accurate information. Such discrepancies can include:

1. Not reporting income: The IRS receives copies of all 1099s and W-2s you receive, so make sure you report all income on your return. If you receive an incorrect 1099, talk to the issuer and make sure that a corrected form is filed with the IRS.

2. A large change in income: The IRS computers have all of your historic data, so when there's a big change from the previous year, it can trigger a red flag.

3. Being self-employed: Self-employed workers take note: The IRS doesn't trust you, because so many of you are trying to game the system by under-reporting income and overstating deductions. This class of taxpayer must be well-prepared to defend all deductions and credits.

4. Taking higher-than-average deductions: If deductions on your return are disproportionately large compared with your income, your return may get flagged. To defend yourself, make sure you have documentation.

5. Large charitable contributions: Claiming big contributions will flag your return. Again, documentation will save you and don't forget to file form 8283 for donations over \$500.

6. Small business losses: A business must be entered into

and conducted with the reasonable expectation of making a profit.

7. Claiming rental losses: Before you start claiming rental losses, you'll need to check out IRS passive loss rules and the two major exceptions for people who make less than \$150,000 and real estate professionals.

8. A home office deduction: To qualify for this widely abused deduction, the room must be for work-only. If you really do maintain a home office, you can deduct a percentage of your rent, real estate taxes, utilities, phone bills, insurance and other costs.

9. Large business meal and entertainment deductions: Try to remember that big deductions for meals, travel and entertainment are big-time audit flags. Keep detailed records that document the amount, the place, the people attending, the business purpose and the nature of the discussion or meeting.

10. 100% business use of a vehicle: Claiming 100% business use of an automobile is a red flag, because very few people use a car exclusively for business. No matter what percentage you're deducting, keep detailed mileage logs and precise calendar entries for the purpose of every road trip.

11. Large casualty losses: If you suffered a significant casualty loss last year, read

what the IRS has to say about casualty, disaster, and theft losses before you file.

12. Math errors: Be sure to double and triple-check your numbers before you file.

With the chance of an IRS audit on the rise, certain tax agencies have developed an extended service plan to assist individuals who request an extended protection regardless of the complexity of an audit. H&R Block is the leading tax professional in which to recommend such a guarantee; the Peace of Mind Extended Service Plan.

After a tax professional completes your tax return, you will have the option to add the \$35.00 Peace of Mind Extended Service Plan to your return. If you choose this option, you will be provided with a receipt that will serve as legal documentation that you have purchased the service plan. If you receive an audit notice from the IRS or other taxing authority, you must notify H&R Block within 60 days of receipt of that notification. H&R Block will pay up to \$5,500.00 in additional taxes accessed by the IRS or any state or local taxing authority resulting from an error by H&R Block.

A Peace of Mind Extended Service Plan and other guarantees offered by tax professionals are a “smarter” protection alternative. Don't settle for less.

Exploring Creativity, an Interactive Event

Jackie Wacha

On Wednesday, February 8th, Avila University & Steven Fischer presented select Avila students with an all-day event exploring ways to tap into their full creative potential. These students had a background in the arts, with talents in theatre, choir, drawing, or creative writing. The goal of the symposium was to get students thinking. Everyone was asked to reflect on certain questions throughout the day. Among them were the following:

- What makes us passionate and willing to take risks?
- What prevents us from responding creatively to challenges?
- How do we develop creative self-improvement?

To answer these questions, students were confronted with a variety of exercises. Their day began at 10 a.m. with a film screening, followed by an artist panel in which three



exclusive guests were brought in. The students had the chance to ask the panel questions.

Following a lunch break, interactive stations were underway. In this activity, the students were divided into five groups and rotated between five stations where they had five minutes to complete the presented task. Among the stations was one named Blackout Poem where the students had to use newspaper articles and cross out unwanted words, creating a poem from the remaining words in the article. In another station, the students were given a piece of paper with one squiggle on it and had to create a drawing surrounding and utilizing this one seemingly insignificant mark. In another activity, a

brick was placed in the center of the table, and students had to brainstorm various ways to use the item.

Most of the time, students were very interactive, bouncing ideas off of others. At certain moments, it was evident that ideas were flowing and students kept to themselves, working diligently with their profound concepts. After having a reflection session following the stations, the event transitioned into the next activity at 2:00 where students worked in interdisciplinary groups to create a work of art to be presented at 4 p.m. Following presentations, everything wrapped up around 5:00 following closure and final reflections.

All in all, this interactive symposium encouraged students to explore and familiarize themselves with their full creative potential. Many left the day feeling refreshed and ready to tackle things with a fresh, more creative mindset.



Dave Armstrong: A Decade in Campus Ministry

John Stoeckl

It's been a decade since Dave Armstrong first walked on the Avila University campus, just one year after upgrading from its "college" status. Amid a shelf filled with books on faith and spirituality and pictures of family, hangs a banner from another university: University of Saint Mary, where he worked as campus minister from 1996 to 2002.

Hired as Avila's campus minister 10 years ago, Armstrong, outfitted in a dress shirt and slacks with graying hair that speaks more of wisdom than age, recalls tough beginnings in bringing about a campus ministry program structured toward success. "When I got here, there were only two participants" Armstrong stated with a look of reflection on a program that now has 37 active members. His biggest obstacle was working in a system hurting for money, and trying to encourage students to join. He reiterated that every student on campus is a member, but that it's up to them to actively participate. His goal is to help students "discover meaning for their lives as adults ..." in both human and spiritual aspects. Developing leadership within its members, Campus Ministry is active in 3 areas: liturgical and retreat programs, social events on and off campus, and service to the local community events. Aside of active participation, Campus Ministry also provides "Performance Grants" to selected students to assist with education costs. In addition to his leadership, his real success is his connection with young people, but his biggest struggle is getting male participation.

Another goal of Dave Armstrong is to increase the current demographics of Avila's



Catholic populace. "Currently," he says, "Avila's Catholic population is only around 30%," up from 27% a decade ago. Aside from working with the Campus Ministry program, he travels to Catholic high schools as far away as St. Louis, Missouri or Omaha, Nebraska recruiting students in hopes of increasing the number of Catholics attending.

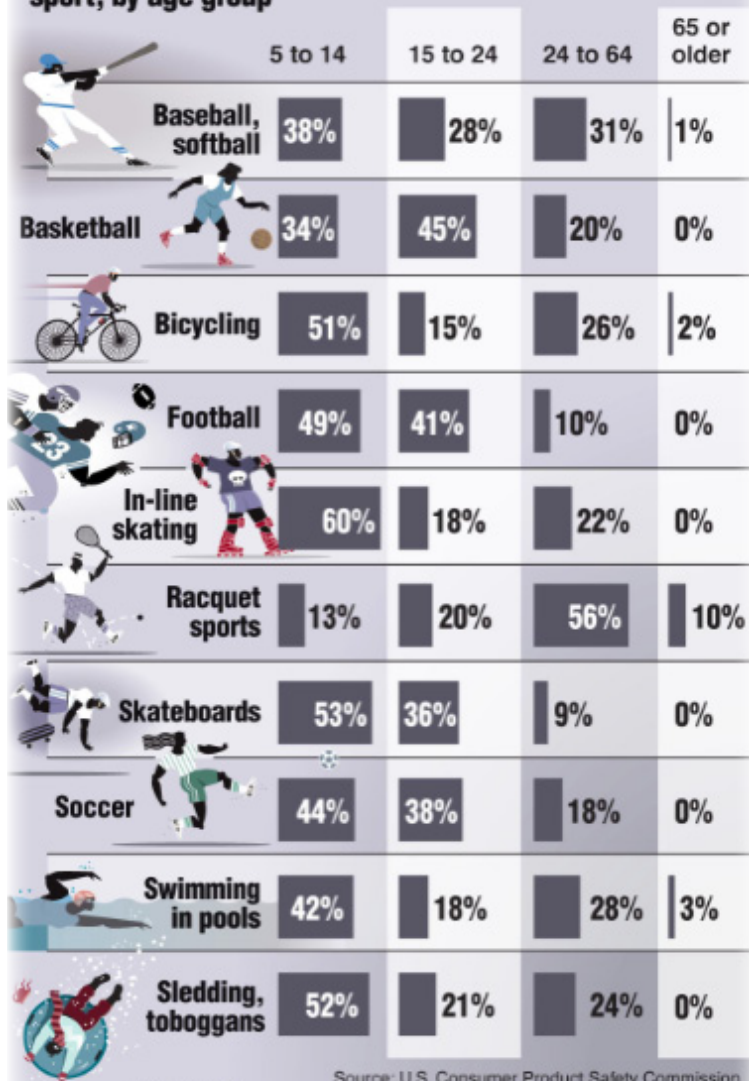
Armstrong has solid plans for the campus ministry's future, especially providing service to the community. During spring break, March 10-17, he is taking a group of students to Bethlehem Farm in southern West Virginia to do a week of retreat, fellowship and service to the local community. The retreat is designed so that each member leaves the farm each day for some level of assigned community service, such as reconstructing homes for those in need. Armstrong hopes to bring that service to Kansas City in the upcoming year, an event that will eventually be open to anyone who wants to make a difference to their community. After a decade of development, Campus Ministry appears alive and well.

Age and exercise injuries

Some sports injuries are more common in young people and some are a bigger problem for adults.



Percent of U.S. injuries for each sport, by age group



Presumptuous

A blog about the travels and experiences

Dearest readers,



My blog description says that I travel everywhere, even if it is just down the road. However, since the dawn of its creation, I have not reviewed or written about hardly any of my explorations! I would like to do this more often, to give you a better essence of who I am, as well as share my amazing and horrifying experiences.

So let me begin with Smallcakes Cupcakery. While working on a project today in the MAC lab at school, I had an uncontrollable desire for cupcakes. I usually don't let my cravings go unfed because if you know me, or my cravings, they are uncontrollable and indescribable, so I immediately stopped everything and

began searching for the closest (to me) and best cupcakes in town. My searches were futile, and after moaning and groaning in utter despair that my needs would go unsatisfied, my friend told me to just go to Smallcakes.

“Smallcakes?” I said, as if everyone knew of this oddly named place.

“Uh, ya, I go there every year for my birthday. Their cupcakes are AMAZING.”

Um okay.... Where the heck is a Smallcakes. I Googled and they so happen to have 4 locations! Lee's Summit, Overland Park, Olathe, and Atlanta, GA. Well, Atlanta was out of the question, but Lee's Summit is very doable.

6 for \$18

Long story short, Smallcakes Cupcakery is renowned. They've been on The View and the Food Network. I'd never heard of them, but I haven't lived in KC

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BLOG
CORNER

ces of a growing college student.

Liz Carroll

very long and I rarely watch that program or channel.

As I sit here and eat a “Vanilla n’ Chocolate” (or something like that) cupcake, I have to say, 5 STARS!!!

When trying to choose from their many flavors, I decided I would just get a 1/2 dozen and try one of each. They have tons of flavors, but there was only about 8 types left. It was late in the day. Anywho, I can’t remember all the names of them exactly, but I got the Vanilla n’ Chocolate, Lemon, Caramel Crunch, Birthday Cupcake, Decadent Fudge, and Peanut Butter Cup.

I have only tried one so far because they are huge and AWE-SOME! I promise I will eat more as the week wears on. I bought another gallon of milk at Target after seeing how wonderful they looked. I’ll be needing it.

Vanilla n’ Chocolate

So let’s talk about pricing. It’s \$3 for one, \$18 for 1/2 dozen, and \$33 for a dozen. Now that may seem expensive, but cupcakes are these guys’ specialty. It is so tantalizing to your taste buds.

Decadent Fudge

Your mouth will beg for more.

I recommend for everyone to try them if they like cake.

Spread the word!

I just opened the box again to take a pic and the aroma is blowing me away. Your nose needs this smell!



